

Session 12: Program Completion

Congratulations

Congratulations on completing the Cardiac Education & Rehabilitation Program! As mentioned throughout the program, our main goal is to teach you self-management techniques to help you maintain a healthy, active lifestyle for as long as possible! We hope you now have the tools, knowledge, and motivation to continue to make positive changes to your health. While the program is over, it's up to you to keep moving forward, stay active, and make your health a priority!

In this final chapter of your workbook, you'll find a Graduation Heart Health Risk Profile, which summarizes your intake and discharge measurements; this will give you a quick glance to see how you've progressed over your time in the program. Your kinesiologist will fill this form out during your discharge appointment. This information can be used when you visit your doctor or cardiologist or if you want to share the information with others. You'll also find the follow up plan, which we will set up as part of the discharge process--we will work with you to determine which follow up plan works best!

In this chapter, you'll also find our FAQ section, which should answer any other questions you may have. We have also included some lined blank pages so you can write down questions, thoughts or ideas you may have. This is so you can write down questions to ask health care professionals within the program, or ask your doctor or cardiologist to prepare for an upcoming appointment. We know it can be hard to remember everything!

At the very end of this workbook, you'll find a program evaluation form, which we would appreciate you taking the time to fill out during your discharge appointment with us. The information you include on the evaluation form will let us know how we are doing and if there is anything we can improve on. Please let us know your thoughts, both positive and negative!

Because we appreciate the work that goes into managing a chronic condition or learning about and living with a new condition, we want to celebrate your success! We have included a Completion Certificate that you can proudly display around your home or work, so you can reflect back on all the progress you've made over the last few months.



Frequently Asked Questions

What should I do if I have any questions after my discharge from the program?

You're welcome to contact your Kinesiologist at any time after your discharge from the program. You can also write down the questions you have in the blank notes pages and ask them during an upcoming doctor appointment.

Can I be re-referred to the program?

Yes! When your current file is discharged, you do need to have your doctor prepare a new referral to enter back into the program.

Do I need a doctor's referral to be a part of the program?

Yes. A referral from a doctor or nurse practitioner is required for acceptance into the program.

